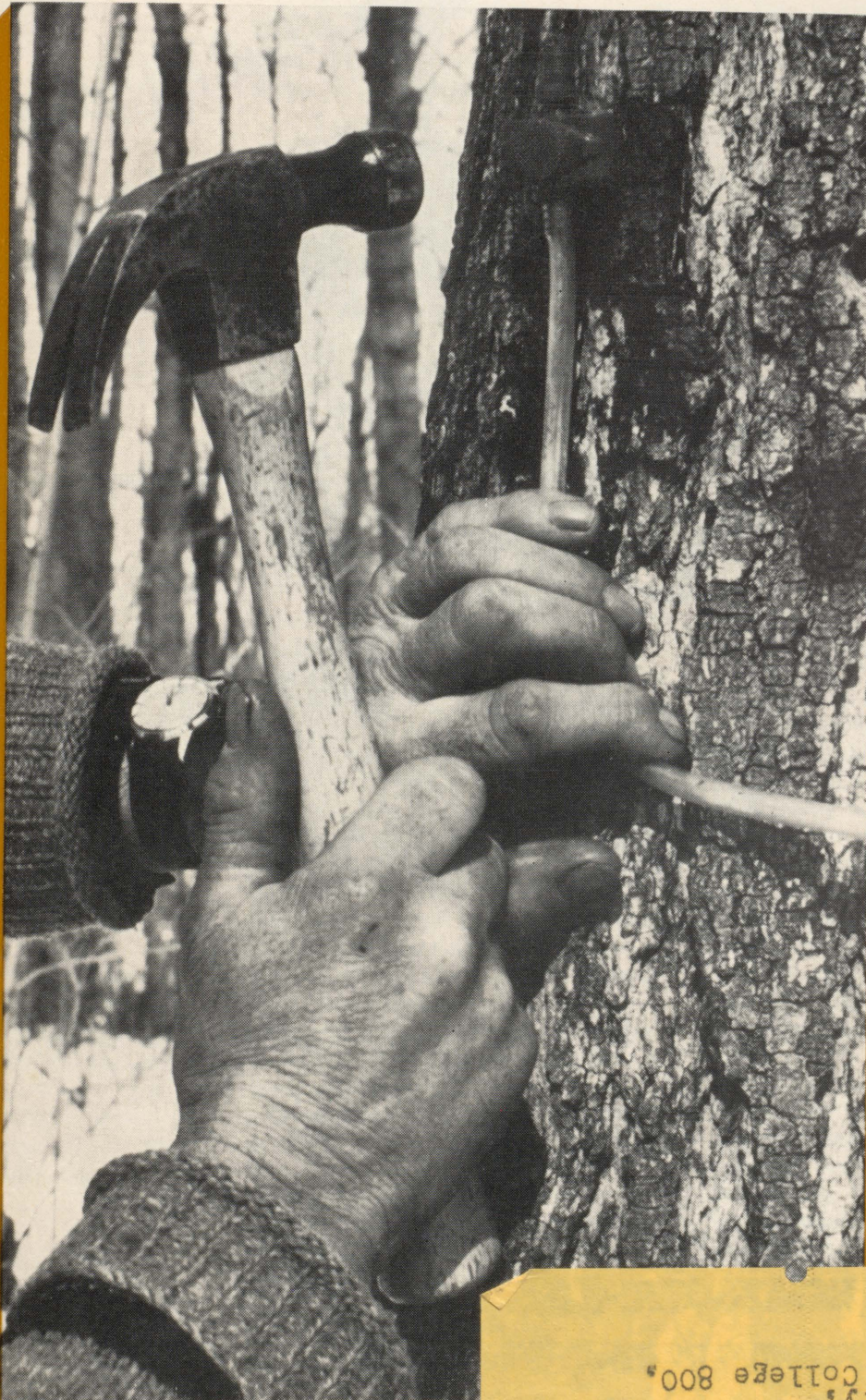


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THE MACDONALD LASSIE

THE macdonald Journal

FEBRUARY 1972

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Managing Editor: Hazel M. Clarke
Macdonald Reports:
Gordon Thomson
Associate Editor: Tom Pickup
Family Farm, Office of Information,
Quebec Dept. of Agriculture
and Colonization
Advertising Manager: Hib Saunders
Production-Circulation:
Dorothy Parsons

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Journal Jottings

This space is normally used as an
introduction to the issue's contents
but this month we are changing our
usual procedure to mark with deep
sorrow the sudden death of
Miss Joy Guild at her home in
Sainte d'Urfé on Wednesday,
December 29, 1971. Joy's passing
has saddened the entire Macdonald
community — a community that
she became a part of 45 years ago
when she was born in one of the
numerous houses on Campus.

Growing up on Macdonald's
spacious grounds, helping her
grandfather in the poultry houses
and living in close proximity to the
College Farm instilled in Joy at an
early age a love for things rural.
And because of this love, which
never abated, the lives of countless
rural Canadians have been
enriched.

Joy Guild graduated from
Macdonald College with a B.Sc.
(H. Ec.) in 1947. In the Quebec
Women's Institutes section of the
June, 1947, Journal there was an
announcement that Joy had been

appointed to the position of
Assistant Demonstrator-Secretary
to the Q.W.I. Her work with the
W.I. took her to all parts of the
province by train, by bus and, even
on occasion, by sleigh when the
roads were impassable to all other
means of transportation and she
had to get to a meeting on time.
During this period her path often
crossed that of Mrs. Maud Kerr,
then the Women's Editor of the
Family Herald. Mrs. Kerr
eventually convinced Joy to broaden
both her own career and her
influence on rural living and in 1950
Joy joined the Family Herald as
Assistant Women's Editor. Along
with other features, her byline
appeared on the food pages each
week. In 1956 Joy became the
Women's Editor, a position she
retained until the magazine folded
in 1968.

During her tenure as Women's
Editor, Joy's column "Between
Ourselves" gathered a large and
faithful following among Family
Herald readers. For these columns
and for the women's section Joy
travelled extensively throughout

Canada — she touched every
province save Newfoundland and
even journeyed to the arctic for an
interview. Joy faithfully attended
conferences, fairs and meetings but
mostly she enjoyed the opportunity
of visiting with farm and ranch
wives, both rich and poor, and
finding out from them how the
Family Herald could best serve their
needs. Many fast and lasting
friendships were made through
these visits and through the vast
correspondence and personal
contacts she had with writers,
both professional free lancers and
amateurs that she patiently worked
with through rewrite after rewrite
until that gem of an idea was
transformed into a polished article.

When the Family Herald ceased
publication Joy had excellent
opportunities to take up a less
arduous occupation, one not so
demanding, but she felt dedicated
to journalism and in 1969 joined
The Gazette where her articles
and recipes on food and items
of interest to consumers were
regular features. Even in this

(Continued on page 4)

Don't Tinker With Agriculture

An invitation to write a guest editorial is generally a *carte blanche* to sound off. I do not wish to over-indulge in that heady exercise but I would like to comment on my experience in developing countries and reflect on implications here. During the course of my 18 months with C.I.D.A., I visited many developing countries in Africa, South America, Far East, Caribbean and Central America. In each country I discussed agriculture, and in particular, development and the role of agriculture in development and in "modernizing" the rural society. Agriculture is the key to development, since in almost every instance upwards of 50 per cent of the population is engaged in agriculture. The agriculture practised in most countries is subsistence — barely producing enough to keep the family in food from one crop to the next.

One's first reaction is to be critical and to point the finger at the obvious "weakness" in the system — nothing could be more dangerous and certainly more wrong. True, the technology leaves much to be desired — the planting is haphazard, plant populations are low, weeds are not controlled, no fertilizer is used, no bred varieties are seeded, no feed is conserved for the animals — to name but a few of the more obvious problems. However, what one must remember is that the system that the subsistence farmer follows is one which has evolved over a long period of time. The farmer and his family know how to live with that system. They are fully aware of the hazards of the system and are prepared to live with them. In

many instances the practices in agriculture are a part of the ritual of their society — especially true in an animal based agriculture. It is this very intimate relationship between agriculture and the survival of the family which makes subsistence agriculture appear resistant to change.

I have deliberately used the word "appear" resistant since recent work would suggest that the subsistence farmer does not resist change, but he does not welcome "tinkering" with his farming system. Too often the approach of the technical adviser from the developed country has been to recommend a change in some component of the system, e.g., introduce a new variety, use fertilizer, change population, etc. This has been the general technique used in our extension and advisory services — an approach which has assumed that the farmer can incorporate a new technique into his operating system. It just does not work with subsistence farmers and we have probably fooled ourselves when we think that it will work with our farmers.

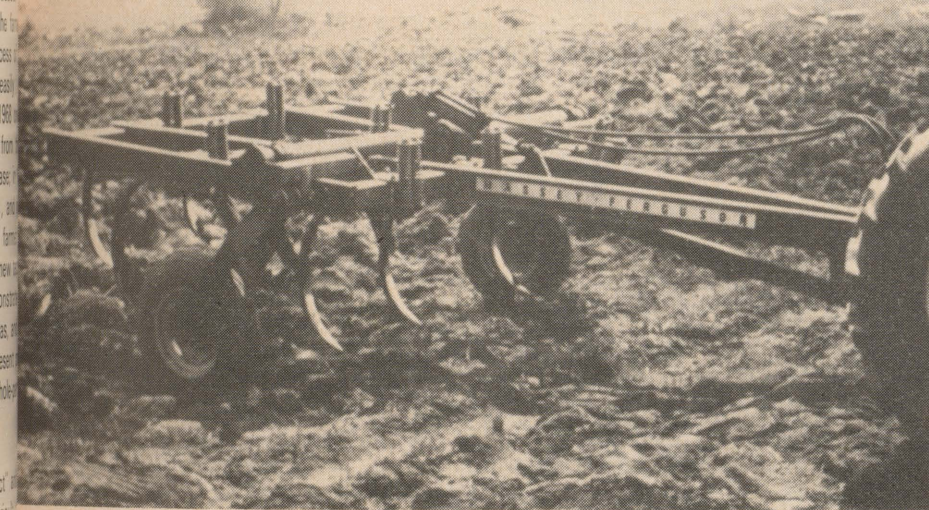
To return to the subsistence farmer in the developing country and the problem of development — one of the most exciting projects aimed at introducing a new technology has been the "Puebla Project" in Mexico. This project initiated in 1967 had as its primary objective the improvement of corn production of the campesino. The project leader realized that there were two elements essential to success: (1) the project must operate on a demonstration basis on the farms of the area not at a research station, and (2) the project must present to the farmers a complete technology

for the growing of corn — there would be no tinkering with corn production, no detached extension specialists writing bulletins or making radio broadcasts — they must work with the farmer. The overwhelming success of this approach can be easily demonstrated: in 1968 only 103 families benefited from the project and its yield increase; in 1969 the number was 2,561, and in 1970, 4,833 families. The farmer is ready to change, to use new technology, but one must demonstrate to him that it is as good as, and indeed better than, his present practice and that it is a whole-package technology.

The "Puebla Project" and my observations of agriculture in many developing countries convinces me that there is a lesson to be learned and applied at home. Our extension efforts in the main have not been directed towards development of the whole-package of practices. Possibly this is not just the fault of extension but also the fault of research in not being truly problem-oriented. We have assumed that our farmers can make the necessary adjustments to incorporate the bits of technological information presented to them into their farming practices. While this is undoubtedly true for some of them, we may in fact have done a great disservice to many of them. Let us ensure that in the future we do present to our farmers a complete technology, not bits and pieces, and further, that that package includes the necessary infra-structure to enable the farmer to truly benefit from the new technology.

Dr. H. A. Steppler,
Department of Agronomy.

Tractor and Tillage Studies



A program of tillage studies was initiated by the Agricultural Engineering Department in the summer of 1970 in order that tillage machines and methods not currently popular in eastern Canada could be tried in our region. We were particularly interested in mulch tillage as practiced in the midwestern U.S.A. and the Prairie Provinces. The reduced erosion, increased tillage capacity and reduced power required for tillage are the major reasons why we became interested in mulch tillage as a practice.

In mulch tillage the rate at which plant residues are incorporated into the soil is controlled. This is in direct contrast to tillage practices utilizing disk and moldboard ploughs where almost total incorporation of the residue occurs when the land is ploughed.

The primary tillage implements used in the West are heavy duty cultivators (chisel ploughs) and

diskers (one way disks). These tillage machines are much wider than the ones we use here in the East and usually range from about 10 to 40 feet in width.

Our main concern to date has been to determine:

- (a) will the tractors common to eastern Canadian farms pull this large tillage equipment.
- (b) how many tillage passes do we require in our climatic and soil conditions for effective weed control without having to rely on chemical applications.

The project began shortly after the 10-foot wide Massey Ferguson chisel plough arrived on the Macdonald Campus. According to the Company's records this is the only machine of its kind east of the Manitoba-Ontario border, which means that we will have to be watchful with our repair parts supply if we are to avoid serious delays in the project.

In our first field trial we found that none of our tractors could pull the chisel plough at depths greater than six inches. Power was not the limiting factor, because even our smallest tractor spun its drive wheels easily. Traction was our main problem.

In order to increase our traction capabilities an extra set of wheels were purchased and installed on our MF.165D tractor, which is rated at about 47 maximum h.p. at the drawbar. By filling the extra tires (16.9 x 28) with liquid ballast and weighting the front end of the tractor to maintain its stability we found that we could operate to depths as great as 16 inches in any of the soils on our farm.

In order to obtain the traction necessary for the chisel plough we have sustained some high costs in modifying our tractor. We feel now that these could have been avoided if one of our larger tractors had been equipped with much larger tires which hold more ballast. Tractor weight is important because pull is determined by weight. Rubber tired tractors are generally capable of pulling loads of 53 to 56 per cent of their weight.

The high costs that we have been confronted with in converting our tractor from single to dual rear wheels have been partially offset by

several advantages in addition to the added pull. We find that tractor mobility is much improved. The dual tired tractor rarely gets stuck and can usually operate where the single tired tractors cannot. We have found also that we can pack silage in the horizontal silo much faster than before. Just how well the silage is being packed remains to be determined and that fact will be reported when the data have been analyzed.

During our 1971 trials we have been able to control vegetation to tolerable levels on a four-hectare (one hectare = 2.47 acres) plot of fallow land that was ploughed for the first time ever in the autumn of 1970. No chemicals have been applied to this land, and it is our intention to continue using this plot for our mulch tillage project without ever having to resort to the application of chemicals. The comparatively low usage of chemicals in the Canadian wheatbelt tells us this should be practical as well as economically feasible. We intend to crop this land in 1972.

In addition to the chisel plough we intend to try a disk as a tool for trash control. We have had an opportunity to use a power harrow, which we have loaned to the Farm Machinery Division of the Quebec Department of Agriculture and Colonization for their series of tillage experiments. Mr. Guy Jacob (Class of '62) is head of that division and you will undoubtedly be seeing something in the press regarding their tillage experiments at Macdonald, St. Hyacinthe and several other locations in the Province.

In our own program of tillage studies we intend to continue to examine tillage methods that are being used everywhere in the world in order to assess their applicability to our region. It is felt that this policy will be useful in introducing our students to alternate practices and at the same time serving as a vehicle for new concepts to make their way into the agriculture of eastern Canada.

Prof. R. M. Halyk,
Dept. of Agricultural Engineering.

(Continued from page 1)

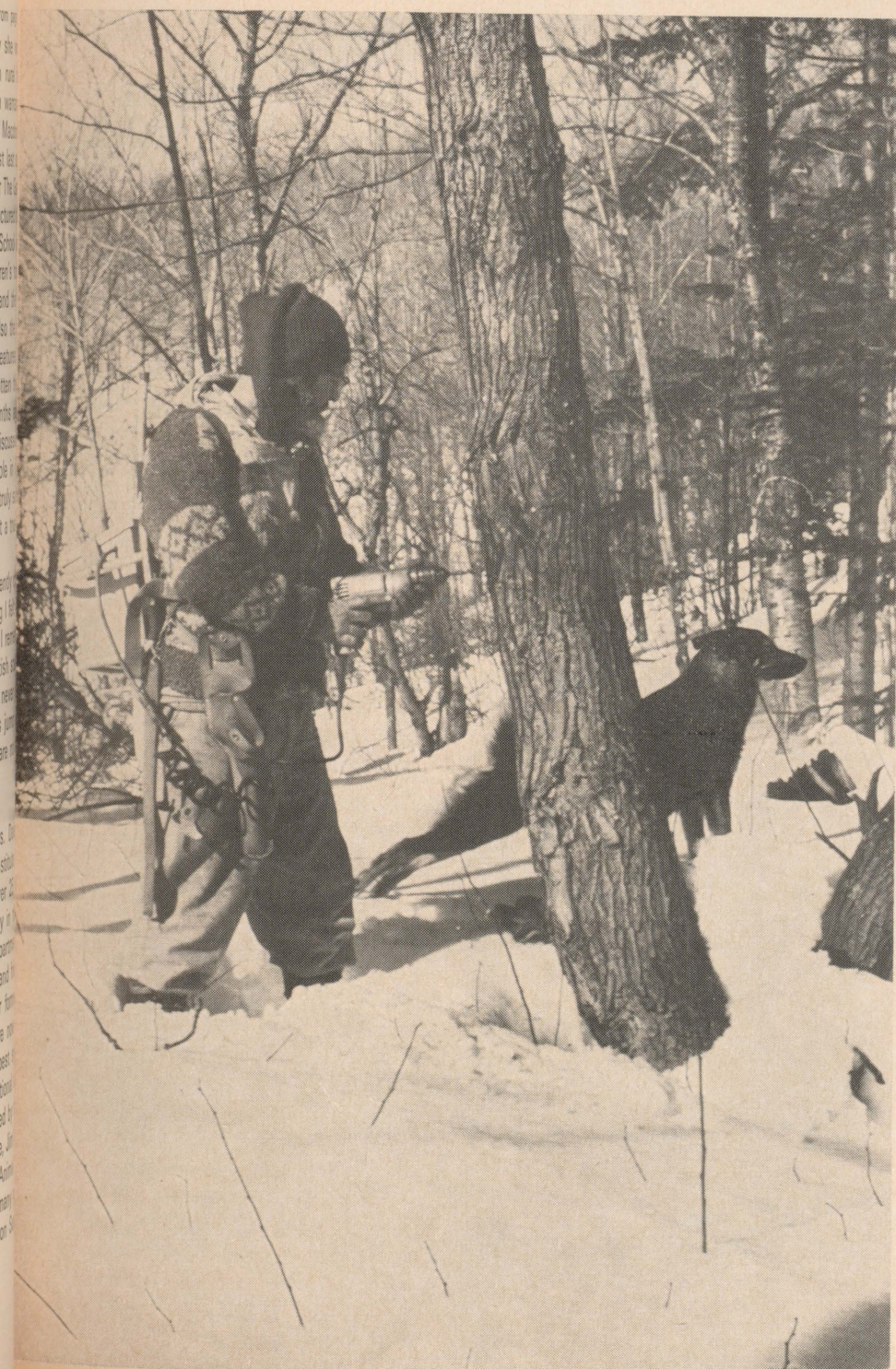
mainly urban daily she wrote features based on rural families when the occasion warranted it. And her ties with Macdonald were never severed. Just last spring Joy wrote an article for The Gazette on Macdonald's restructured curriculum as it affected the School of Food Science. The children's tours at the College Farm and the Morgan Arboretum were also the subject for one of Joy's features. Nor had she forgotten the Q.W.I. Not too many months ago Joy and I had a long discussion on the W.I. and its role in rural Canada. It can be truly said that Macdonald has lost a true friend.

I remember once gently chiding Joy for doing something I felt was the hard way. And I remember too that touch of Scottish stubbornness in her reply — "I'll never go around a hurdle; I'll always jump over it." Peace, Joy. There are no more hurdles.

To her mother, Mrs. Daisy Guild, who was in the Institute of Parasitology for over 25 years, and her aunt Mercy in the Animal Science Department, Joy's former professors and friends at Macdonald and her former classmates who are now on Campus offer deepest sympathy. We regret the additional sorrow for the family caused by the death of Joy's uncle, Jim Mackie, a technician in the Animal Pathology Lab for many years, who passed away on Sunday, January 16.

Hazel M. Clarke.

Now is the Time to Tap the Market



Mr. Bill Nicholson (in photo) of Ste. Emile de Montcalm has approximately 400 acres of maple trees and is considered to be one of the most knowledgeable men in the maple syrup business in Quebec. He was interviewed not too long ago by CBC's Steve Casselman for Radio Noon. We were impressed by Mr. Nicholson's comments and are grateful for permission to publish the interview in the Journal.

Casselman: First of all would you explain what the last two seasons have been like in the maple syrup industry as far as producers are concerned.

Nicholson: The season of 1969 was about half of a normal crop. The year also saw a very, very low wholesale price so a lot of people were discouraged out of the maple syrup industry and they just left the field. One of the reasons is that maple syrup is very definitely an extra product and if farmers don't make any money at it, they just go out of business. They sell their buckets or just quit. Many of them, of course, are marginal farmers, as you know. They are living on rough, stoney land and they cannot afford to lose even one year if syrup is their principal source of income. When they leave, unfortunately, they don't come back.

Casselman: What about last year?

Nicholson: Last year was even more disastrous. In most places it was about a third of a normal crop, and again the price at the start of the season was pretty low. Later on, those people who had

enough foresight to hang onto their syrup got a very good price for it. Most of these farmers, however, need the money from the maple syrup crop to buy their seeds. They just can't wait so they sell it right away and, of course, they don't get the best price.

Casselman: What effect is this going to have on this year's production?

Nicholson: This year's production will have to be lower because there will be fewer producers. The price will have to come up. All the bulk buyers are now out of stock of maple syrup. To my knowledge, there is no commercial maple syrup available anywhere in Canada or the United States. So they are going to have to offer extremely attractive prices to the farmer.

Casselman: Could this lack of syrup on the market influence producers to go back into production?

Nicholson: The raising of the wholesale price of maple syrup to the producer will encourage those people who are already in the maple industry to become larger. The picture, in my mind, is that there will be fewer and fewer producers but they will become larger and larger. The same trend has taken place in the United States and I don't see any reason why it won't happen here.

Casselman: Do you think there will be a good chance of a good crop, providing the weather sees fit to be nice?

Nicholson: Like playing poker you just don't know what the year will hold, but the law of averages tells us we must have something a little better than the last two.

Casselman: Do you feel that the foreign countries, as well as big buyers in Canada and the United States, will be looking for a synthetic product if we do not come up with a fairly good yield this year?

Nicholson: The synthetic products or the artificial maple products, which are sold in the States, have always been there. They won't go away. Maple syrup will always maintain its position as that of a luxury product and whether more or less cane syrup is blended with artificial flavouring, I don't think it will influence the market for the pure product. There is a continuing good strong demand for pure maple syrup.

Casselman: In your opinion, is it worthwhile for a producer to tap trees?

Nicholson: The economics of the maple syrup industry depend on the location. I would say that anyone who is contemplating going into the maple syrup business, or continuing in the maple syrup business, must be able to visualize 1½ to two pounds of syrup per tap as a regular return. In other words, wherever there are people receiving a normal return of a pound of syrup per tap — that is not economical. You must then be in the central area, close to the American border. As you go closer to the border, the better the production figures are. Of course, to a certain extent, the further East you go the better the production. The best area, to my knowledge, is from Lake Megantic, east to St. Pamphile and north to the St. Lawrence River. This is, to my mind, the best maple syrup area of North America.



Meals-on-Wheels

During the past few years many opinions have been voiced concerning the increasing role of government in health and welfare programs aimed at relieving some of the social pressures on the Canadian people. This aid includes family allowance, Canada Pension Plan, old age pension, Medicare, and municipal and provincial welfare assistance programs. With all these services, Canadians may wonder why voluntary agencies continue to grow and find new problems with which to deal.

The answer is simply that government projects are still not extensive enough to meet all the needs of each citizen living in this country. It is left to these volunteer health and welfare agencies to supplement government work and to provide a more specific local service not provided for in the vast federal and provincial welfare schemes.

One such volunteer activity is a home delivery meal service to people who are able to care adequately for themselves, except for the preparation of a hot meal or when a handicap or distance prevents them having a meal away from home. This organization is called "Meals-on-Wheels" and is in operation nationally with centres in Montreal, Toronto, Brantford, Peterborough, Winnipeg and Calgary. This program is based on a similar program begun in the United Kingdom several years ago, and is also comparable to the "Meals-on-Wheels" organization based in 80 centres across the United States.

A program of this kind has been in operation on the Island of

Montreal since 1966 when a women's group from St. Matthias Church, in the downtown area of the city, undertook the first project of this kind and whimsically called it "Stew for a Few." The success of this project and the detailed information provided by its volunteers were a prime factor in the subsequent recruitment of new groups for "Meals-on-Wheels." There are now 25 such groups in the Greater Montreal area — four on the Lakeshore in Lachine, Dorval, Pointe Claire, and a new addition serving the Ste. Anne de Bellevue area.

The purpose of these organizations is essentially twofold. The first aim is the maintenance or improvement of health by assuring meals providing an adequate nutrient intake. But equally important is the promotion of enjoyment of the later years of life through not only good nourishing food but also meaningful social contact which might otherwise be lacking.

Who is eligible to receive this service and how are they selected? They are primarily the elderly and the poor, many of whom are found to be suffering from various degrees of malnutrition. Although lack of money is often the chief problem, it is not the sole one. In any large centre one many find scores of lonely, depressed elderly people living in lodgings which are equipped for cooking with a one-burner hot plate. In this situation many people lack the will or facilities to cook a well-balanced meal when toast and tea is a cheaper and much easier prepared combination.

Other clients are simply incapable of shopping for themselves due to varied circumstances — failing eyesight, lack of refrigeration requiring too frequent shopping trips, and cold wintery weather. Many young people are also eligible — those immobile because of casts, bedridden due to sickness, or young mothers who are breast-feeding their first child and find they are too busy to shop. In this way both mother and child benefit from the nutritious meals which are delivered to them. Potential clients are made known to the Montreal Volunteer Bureau, which because of the constant patient turnover, serves as the co-ordinating centre between the referring agencies and the volunteer groups. The client recommendations are made by health organizations, social workers, ministers, hospitals, private physicians, and, at times, concerned individuals who recognize the need for this service to a friend, relative or themselves.

The cases are turned over to the Victorian Order of Nurses who interview and evaluate the needs of each person individually and decide if they are able to afford to pay for the meals and, if so, how much. The meals are given free if the client has no money; however, for those who are able to contribute the prices are set on a sliding scale. Since only about one half of the patients visited are able to pay a small fee of 25 cents, the rest of the expenses are underwritten by the group. Other sources of income are donations from church congregations, service clubs, and private individuals. If the V.O.N. representative decides the need is real, they inform the Bureau who in

turn contacts the "Meals-on-Wheels" group which serves in the client's district.

The organizations themselves are formed and run exclusively by civic-minded volunteers. Each is a separate unit with an elected executive committee headed by a chairman who is, in turn, assisted by a secretary and a treasurer. All the menus are planned and their preparation supervised by a qualified dietitian. In Montreal there are both English and French speaking organizations as well as those formed by certain churches and interdenominational groups resulting from the union and support of five or six churches into one functional unit. In these cases one church usually serves as the headquarters and the service carried out by volunteers from the congregations of each member church.

In each organization the service is specialized and broken down into a series of jobs. Each volunteer corps is made up of two shoppers, two cooks and an assistant, a driver, two people to make the deliveries, two dishwashers, and a person to act as liaison between the organization and the Bureau. These jobs are carried out on a rotational basis so

that each volunteer may work on a weekly, twice-monthly, and monthly rotation.

Although service centres in Canada, notably Winnipeg, operate on a five-day, Monday through Friday schedule, the Montreal service is limited to twice weekly. On these days the menus are planned, prepared, and cooked in church kitchens. Even though it has proved satisfactory, it is not as extensive a program as is being carried out in Winnipeg where the food is prepared at the Manitoba Rehabilitation Hospital. The advantage of this system is the fact that special diets may be prepared. These special diets may include diabetic, salt free, low salt, low fat, bland ulcer or bleeding ulcer. Another advantage is an underground loading area near the kitchen, which is most necessary in the harsh prairie climate. In New Jersey a welfare housing project has donated free kitchen space, equipment, and utilities for a similar project allowing them easy access to those clients whom they are serving.

After cooking, the meals are packaged separately, tagged, and kept hot while being transported in special aluminum charcoal-heated units. An 18 meal unit costs \$150

initially and \$80 monthly for operating costs. Smaller units holding six and 12 meals are also available. These are light enough to be carried between two women, will fit into any standard sized car, and will keep the food hot for four hours. In this way the food is served to the waiting client still piping hot.

Serving time is noon and the meals generally consist of vitaminized juice, meat or fish course, two vegetables, and dessert. No beverage is served. For many soft foods, larger or smaller portions and some personal preferences are prepared. The portions tend to be very large so that in many cases two meals can be extended from one.

For many clients the twice-weekly visit from their "Meals-on-Wheels" volunteer is their only social contact. Therefore, they look forward to the brief chat as much as the meal. The volunteer often becomes attached to her patients and deep friendships develop.

The inauguration and application of the "Meals-on-Wheels" program have played two important roles in improving health and welfare services not only in Montreal but nationally and internationally. They provide a very valuable service to people, beyond basic needs, which allow citizens to live decently and not merely exist because of disabilities which make them incapable of fending for themselves. Perhaps more important, they offer Canadians a chance to contribute part of themselves in helping fellow countrymen and on a wider scope to help in the development of a more meaningful and far reaching social policy for Canada.

Mary-Jane Neal,
Food Science '73.

A sample rotating menu prepared by the Lachine unit of "Meals-on-Wheels". The menu is changed every three months.

MONDAY

Baked Farmer's Sausage	Swedish Meat Balls	Roast Chicken
Gravy-Applesauce	Mashed Potato	Dressing
Mashed Potato	Wax Beans	Gravy
Wax Beans	Caramel Cream	Mashed Potato
Jello & Whipped Cream	Pudding	Peas
		Chocolate Cream
		Pudding

WEDNESDAY

Ham Steak Hawaii	Deep Fried	Roast Beef
Boiled Potato	Chicken Wings	Gravy
Minted Garden Peas	Curried Rice	Parsley Potato
Rice Pudding	Green Beans	Mashed Turnip
	Lemon Cream Rice	Lemon Cream
		Pudding

The Family

Farm

Published in the interests
of the farmers of the province
by the Quebec Department of
Agriculture and Colonization

ARTIFICIAL INSEMINATION

The genetic improvement of our dairy and beef cattle is a primary factor in the productivity and profitability of these industries.

Being well aware of this fact and desiring to improve the province's herds rapidly to meet competition, the Department of Agriculture and Colonization aims to make maximum use of the first-class bulls kept at St. Hyacinthe for the purpose.

In order to achieve this aim, the Department offers to all farmers a provincial policy of promotion and aid with the object of generalizing the use of artificial insemination. This measure is involved in the program to reorganize assistance policies and, as such, is intended to replace other measures such as the "Placement of dairy cows in handicapped regions".

The Department's aid consists in paying part of the cost of first matings when carried out with semen of bulls from the Quebec A.I. Centre at St. Hyacinthe. The farmer must: 1. Be a raiser of dairy or beef cattle; 2. be a member in good standing of an incorporated cattle breeding club in the province; 3. apply to an inseminator of an incorporated cattle breeding club in the province.

The farmer's share of the charge for insemination is fixed at \$4. regardless of his location, but the Department's contribution will vary according to each club's insemination costs, which are calculated from the club's ratings (A, B, C, D, or E) with regard to two different factors — distances

to be travelled and cow potential (or number of cows it could be called upon to inseminate).

Twenty-five different combinations of these two ratings are possible, as shown in the following table which gives the club's insemination costs (comprising the farmer's share and the Department's contribution). These costs are the average of those based on the club's distance rating D (horizontal axis) and those based on its potential or cow population rating P (vertical axis).

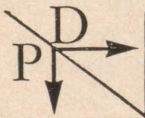
BASES OF CLUBS' RATINGS: As

regards distance, a club is rated:
A, if at least 85% of the cows in its territory are within a radius of 15 miles;
B, if 75 to 85% of the cows are (as in A);
C, if 65 to 74% of the cows are (as in A);

D, if 50 to 64% of the cows are (as in A);
E, if less than 50% of the cows are (as in A).

As regards potential or cow population, a club is rated:
A, if the number of potentially inseminable cows is 10,000 or more;
B, if between 8,000 and 10,000;
C, if between 6,000 and 8,000;
D, if between 4,000 and 6,000;
E, if less than 4,000.

Following verification of breeding certificates by the Quebec A.I. Centre, each established club in the province will receive a monthly cheque for the number of first inseminations carried out by its inseminators, among whom the amount will be shared in accordance with the table shown.

	A	B	C	D	E
A 6.00	AA 6.00	AB 6.50	AC 7.00	AD 7.50	AE 8.00
B 7.00	BA 6.50	BB 7.00	BC 7.50	BD 8.00	BE 8.50
C 8.00	CA 7.00	CB 7.50	CC 8.00	CD 8.50	CE 9.00
D 9.00	DA 7.50	DB 8.00	DC 8.50	DD 9.00	DE 9.50
E 10.00	EA 8.00	EB 8.50	EC 9.00	ED 9.50	EE 10.00

It is understood that each cattle breeding club shall keep the money required for its administration expenses out of the \$4 paid by the farmer, as follows: AA and AB clubs may keep \$1.50; BB, AC, BC, and AD clubs may keep \$1.75; Other clubs may keep \$2.

Progeny Testing of Young Bulls

The importance of using only well-proven bulls for service needs no demonstrating. In order to make sure of the breeding value of its sires, the Quebec A.I. Centre has to progeny test a number of young bulls every year. The aim of this program is to find out the hereditary potential of dairy bulls and to assess the breeding merits of prospective A.I. sires as soon as their physiological development permits.

Steps in the program:

1. For each dairy breed, the A.I. Centre buys young bulls with excellent conformation and outstanding genealogy;
2. Semen is taken from these young bulls as soon as they are sufficiently well developed physiologically. The semen is then frozen and distributed to the district inseminators for use as soon as possible;
3. For most breeds, 200 to 250 matings are enough to judge a bull's hereditary potential but, in the case of Holsteins, 400 matings are needed as a result of exports;
4. When the required number of matings has been made, the young bull is removed from regular service until his daughters' performances are known. During this waiting period, further supplies

of his frozen semen are stored; 5. If the bull's progeny prove superior, he is immediately returned to regular service; otherwise he is eliminated and the stocks of his semen are destroyed.

In order to increase the number of progeny-tested bulls at the disposal of Quebec farmers as quickly as possible, the Department of Agriculture and Colonization offers an incentive to those of them who collaborate in its program. This incentive consists in the payment of \$3 for each first insemination made with semen from a designated young bull during a period set by the Quebec A.I. Centre. Farmers may obtain a list of the bulls eligible for this subsidy during any given period by applying to the local inseminator or regional livestock specialists.

Conditions: 1. To qualify for this subsidy, a farmer must be a breeder of purebred cattle and **have his herd on R.O.P. test**; 2. Only matings with purebred females will be subsidized; 3. This subsidy applies only to matings considered to be first matings.

Breeding certificates will be checked by the Quebec A.I. Centre and, every three months, cooperating farmers will receive a cheque for the number of matings satisfying the foregoing conditions.

All requests for further information should be made to the Artificial Insemination Centre of Quebec, P.O. Box 518, St. Hyacinthe, P.Q.

Study Mission to Morocco and Tunisia

Two specialists from the Quebec department of agriculture are participating in a mission to Morocco and Tunisia in North Africa in connection with a program of C.I.D.A. (the Canadian International Development Agency). They are Mr. Gilles Lasnier of the farm products marketing service and Roland Marcoux, soils expert with the soils service of the research and education division.

Mr. Lasnier is part of a Canadian agricultural mission which is evaluating various agricultural projects already started in Tunisia by C.I.D.A. under the "Opération Afrique francophone". His task is to study, in collaboration with the Tunisian authorities concerned, the possibilities of carrying out a pest control program for most of that country's crops, especially tree fruits. Mr. Marcoux joined the C.I.D.A. team which was already at work in the province of Tétouan, Morocco, helping to develop the agriculture there. In particular he will be responsible for soil classification and mapping.



Sale of "Commercial" "C" or "CEE" Grade Apples on the Fresh Market Temporarily Prohibited

The Quebec minister of Agriculture, Mr. Normand Toupin, has just given notice that the applicability of the "Commercial" "C" or "Cee" grade as regards apples intended for sale on the fresh market has been temporarily suspended in accordance with article 9 of the Fresh Fruit and Vegetable Regulations.

In announcing this temporary measure, which came into force on December 18, 1971 with its publication in the Quebec Official Gazette, Mr. Toupin said that apple growers affected by it will be able to sell their "C" grade fruit for processing, including cider making.

According to the agricultural products marketing service, the processing market now offers good outlets.

This government decision comes following the latest apple crop in Quebec which was an exceptionally big one but with a large proportion of inferior quality fruit.

According to the minister, the measure will ensure consumers of an adequate supply of better quality apples and prevent the lowering of prices offered to growers.

Excellent Market for Maple Products Expected

According to Mr. Jean Guilbault, head of the Quebec department of agriculture's beekeeping and maple section, who recently prepared a brief estimate of prospects for 1972, next spring's maple syrup crop is already assured of an excellent market at steady prices.

Mr. Guilbault said that, given favourable weather conditions, the next sugaring season should be a good one making up for the last

three seasons' low yields and so helping to put this sector of production on a sound basis again.

For this reason, the department is advising maple syrup producers to make as many tappings as possible in 1972.

It is realized, of course, that following yields of over 30,000,000 pounds in 1966, 1967 and 1968, Quebec producers ran into serious marketing problems; but, as a result of the large supplies and hence exaggeratedly low prices, many of them got discouraged and there was a marked drop in the number of tappings the following spring.

The low yields of the three years since (23,000,000 pounds in 1969, 20,000,000 pounds in 1970 and 16,000,000 in 1971 — the poorest year since 1937) have resulted in a reversal of the ample supply situation.

While there are still some months to go before the next crop, maple products are already scarce on the market and prices are excellent — as they were even last spring when grade AA syrup in bulk brought 45 cents a pound compared with 32 cents the year before. Next season's crop is therefore being awaited optimistically at the department's honey and maple section. Mr. Guilbault thinks that, even if it is an unusually large one, it is assured of an excellent market at very acceptable prices.

Council will no longer advise farmers to grow alsike clover

Starting in 1972 the Quebec plant productions Council stopped recommending mixture 16 (timothy, red clover and Alsike clover) — which is still known by the name of mixture B — to Quebec farmers for their hayfields.

This has just been confirmed by Dr. Fernand M. Gauthier, chairman of this body, who added that in 1968 the council introduced mixture 23 calling for equal parts of timothy and double-cut red clover and that this mixture will replace mixture 16 (mixture B) in its next recommendations.

Commenting on the council's decision, Dr. Gauthier pointed out that the hay and pasture committee had a number of serious reasons for making this decision, diseases and a mediocre yielding ability being the most important.

During a survey of forage crop diseases in Quebec, Dr. Claude Aubé of the Canada department of agriculture found that a large number of Alsike plants examined were diseased. Another specialist noticed a similar condition during a project carried out at the federal experimental station at La Pocatière.

Attributing these findings to lack of intensive selection of Alsike in Canada, Dr. Gauthier considers that they alone would amply justify the council's decision.

As regards the indifferent yielding capacity of mixture 16 (mixture B), trials carried out on heavy Normandin soils which are hard to drain gave convincing results.

In the first trial, covering two seasons, the yield produced by the Alsike-timothy mixture was much lower than that from mixture 23 (red clover-timothy) now recommended. They were 5.7 tons of dry matter as against 7.3 tons.

Giving further details about this experiment, a specialist said that although there was not much difference between these two mixtures at the first cut, the aftermath yield of the red clover mixture was 48 per cent higher in the first year and over four times higher in the second.

The second trial, although different from the first, definitely confirmed the results.

The council, therefore, considers that it is unwise and too costly for farmers to grow this disease-prone and moderate yielding plant.

For this reason, after considering the specialists' reports, Dr. Gauthier said that he was confident that all farmers will willingly adopt the council's new recommendations concerning the advisability of replacing mixture B and that, as requested, they will henceforth use mixture 23 (timothy and double-cut red clover).

Broadview Farm

Mr. Douglas Mackinnon's "Broadview Farm" at Barnston West in Stanstead County is more diversified than some of the farms which competed in the 1971 Agricultural Merit Contest. Although his choice of crops centred around dairy farming (the main source of income), the rearing of 44 beef cattle and a few sows add to the farm's returns.

In these parts, Broadview Farm amounts to a considerable agricultural undertaking with its 276 acres under the plough, 98 acres of woodland and 22 of natural pasture. Another 80 acres are rented. The area in crop is increased each year by the addition of six to eight acres of newly cleared land. The soil is mostly of light texture and in some parts the terrain makes the farming operation a bit complicated.

At the time of judging the cereal crops covered 53 acres as follows: 16 of Pitic wheat, 12 of Dorval oats, and 25 of silage corn. The hay and alfalfa fields covered 190 acres. Sixty acres of pasture are divided into five-acre paddocks by electric fences, thus giving the cows the benefit of fresh and appetizing grazing at all times. The heifers have 44 acres of pasturage, half of which is improved and the rest rough.

he Quebec DHAS is now available
to all dairy farmers in the province

The results of the first three years have been convincing; on the average, cows in herds tested during that period have produced 1,653 pounds of milk per head more without change in the butterfat content. At the same time feeding costs per 100 pounds of milk have considerably decreased instead of increasing. When feeding costs have been deducted the profits of the participants have increased by \$85.75 per cow. At the end of the above-mentioned period, average increase in returns per herd after deduction of feeding costs was \$2,570.

This Month with the

QWIL

Fifteen counties and 55 branches reported for this month's Journal: Argenteuil, Brome, Chateauguay-Huntingdon, Gaspé, Gatineau, Missisquoi, Megantic, Montcalm, Pontiac, Richmond, Rouville, Shefford, Sherbrooke, Stanstead, Vaudreuil.

The Christmas spirit extended from enjoyable December meetings through to many areas in the communities. To name but a few: Butters Memorial Hospital, Wales Home, Dixville Home for the Retarded, Douglas Hospital, senior citizens' homes, Maplemount Home, workshop for the retarded, Lennoxville Recreation Association, retarded children's school, Waterloo Hospital, Diet Dispensary, St. Luke's A.C.W., Grace Christian Home, needy families and needy children, Marymount Home, Veterans' Basket Fund, CARE, Tiny Tim Fund, Rosemere Home, C.N.I.B., Save the Children Fund, youth organization, charter members, senior members, Red Cross, Legion, Christmas Seal Fund, Ade Hospital, shut-ins and a family who lost everything by fire.

Thirty branches reported an exchange of gifts, 14 branches enjoyed carol singing with **Stanbridge East** singing in both French and English. **Aubrey-Riverfield** sang while quilting a quilt for a needy family.

Brownsburg: Bible reading and silent portrayal of the manger scene backed by a small choir; **Frontier** carol candlelight service with advent candles.

Pot luck suppers, Christmas refreshments, games, guests

(including husbands) contests, all helped to make the meetings relaxing and enjoyable.

A **Fordyce** member in a poem told how much Christmas meant to her as a little girl. She recalled candles clamped on trees, the pleasure of small gifts, the happiness of simple things and the satisfaction of the children with even one toy.

A member of **Jerusalem-Bethany** attended the 4-H Club banquet and presented prizes.

Dewittville presented a Life Membership to a charter member.

Games, contests, scrambled words: Put together cut-up Christmas cards; on man's best friend — dogs; Christmas gift wrapping; make funny sentences from a group of words; guess what is in a number of wrapped parcels; how many words can be made out of Santa Claus; see how many toothpicks can be placed on top of a soft drink bottle (**Gaspe** County President got 29 on top); guess names of Christmas hymns, carols or songs depicted by pictures on Christmas cards; "name the product"; guess the year's collection for Pennies for Friendship; "Which Ties"; best Jerusalem Cherry plant; identify early pictures of senior members; different kinds of cake; different sayings.

Publicity at **Harwood**: Set of 120 slides "Panorama of F.W.I.C." was shown.

Q.W.I. 1st Vice President, Mrs. J. W. Westover, guest speaker at **Abbotsford** and **Granby Hill**.

Topics and papers read: Outline of Mrs. Kate Aitkens career; study on drugs, retrain your eating habits; Canada and how it is governed; the young citizen and his flag; problems concerning the recognition of CEGEP courses in universities outside the province; let's call us Canadians; description of new hospital in Gaspé; talk by a "cured" drug addict.

Ascot branch will see cards of local interest printed in time for the next tourist season, a result of their suggestion.

New members: **Murdochville**, two; **York**, two.

Discussion on position of our government regarding agriculture at **Dundee**.

Hemmingford had a special study of Gift Coupon Plan 523 and Lesotho. Mr. Johansen, Commonwealth Aid Dept., Ottawa, sent map of Africa and photostat copies (for each member) describing Lesotho, a country receiving a great deal of support from Canada. This information made Gift Coupon Plan #523 more real to members. Mr. Johansen is a brother of Welfare and Health Convener Mrs. J. Robertson.

Branch get-togethers: **Eardley** and **Beechgrove**; **Upper Lachute-East End** entertained an Ontario branch.

Prescription Please!
(Q.W.I. Clinic — see Publicity Outline) Should a new member be told that the \$1 membership fee does not cover all her financial obligations to the branch?

Program Planning

As the time of year is fast approaching when branches will be busy planning the coming year's program, we thought it might be interesting to print, in part, the 1971-72 program for **Spooner Pond**.

April — Agriculture

ROLL CALL — Give a farm safety or a gardening hint. MOTTO — Life is like a grindstone. Whether it polishes you up or wears you down depends on what you are made of. PROGRAM — In charge of convener. Plan a visit to "Open House" at Dixville Home.

May — Welfare and Health

ROLL CALL — Name a famous person who has overcome a handicap. MOTTO — Doctors urge us to eat less — food prices are taking care of that. PROGRAM — Guest speaker if possible. In charge of convener.

June — Home Economics

ROLL CALL — My pet peeve on store products. MOTTO — Just as you are making ends meet, someone pulls the ends. PROGRAM — Judging articles for inter-branch competition. Sale of plants, slips and bulbs. Report of County Meeting.

July — Publicity

ROLL CALL — Read a short item of interest from a newspaper or magazine. Motto — People are like tea bags — they don't know their own strength until they are

in hot water. PROGRAM — Report on convention. In charge of convener.

August — Picnic

September — Education

ROLL CALL — What I think of bilingualism. MOTTO — The Lord gave us two ends, one for thinking and one for sitting. Success depends on which you use — Heads, you win; tails, you lose. PROGRAM — Entertain another branch. In charge of convener.

October — Agriculture

ROLL CALL — An advantage of living on a farm or in the country. MOTTO — Don't worry about tomorrow — it will be gone the day after. PROGRAM — In charge of convener.

November — Citizenship

ROLL CALL — Tell something interesting you have heard about another branch. Buy a poppy. MOTTO — A false friend and a shadow are only around when the sun shines. PROGRAM — Bring a gift for the Douglas Home. Plan children's Christmas gifts. In charge of convener.

December — Christmas Meeting

ROLL CALL — Repeat a Christmas verse. MOTTO — Not what you give, but what you share, The gift without the giver is bare. PROGRAM — Exchange of gifts. Contest on gift wrapping. Plan Christmas Cheer Boxes.

January 1972 — Publicity

ROLL CALL — My most embarrassing moment. MOTTO — Middle age is when the phone rings on Saturday night and you hope it's not for you. PROGRAM — Report on cheer boxes. In charge of convener.

February — Home Economics

ROLL CALL — Give a household or sewing hint. MOTTO — Work is the most important thing in the world — so let's save some for tomorrow. PROGRAM — in charge of convener.

March — Annual Meeting

ROLL CALL — Payment of dues. MOTTO — A backseat driver is worse than the man who cooks at the dinner table. PROGRAM — Election of Officers and Conveners. Reports of Committees.

Franklin Centre on the Move

Members of the Franklin W.I. had a very enjoyable tour of the Beauharnois Power Plant and Seaway Locks.

At the Beauharnois Power Plant the members were given an informative guided tour showing them how electricity was produced and how it was sent out to us. They were also shown a film of the complete procedure.

They then went to the Beauharnois Seaway Locks and watched how the boats moved in and out of the Seaway. It was amazing to see how these huge boats were manoeuvred in the water.

Franklin W.I. partook in the festive celebration of the 100th Anniversary of Havelock Fair. The W.I. had a booth where they sold homemade baking, jams and jellies and homemade sewn articles. This proved to be another interesting and successful venture for the members of Franklin.

A Celebration

On October 20 a banquet was held at the Aubin Hotel to celebrate the 35th Anniversary of the Women's Institute in **East Angus**. Six Charter Members and the County President were at the head table. An anniversary cake was made by Mrs. R. Joyce and decorated by Miss M. Ord. Before going to the table each Charter Member was presented with a corsage by the President.

Stress and Tensions of Modern Life

Stress is defined as exertion, strain or effort, the wear and tear of life. Tension is a stretching, mental strain or excitement.

Stress is with us all the time. It is necessary to life and can be beneficial or harmful to us. The important thing about it is the effect it has on us.

Stress can affect us mentally or physically. To give an example of the body's reaction to physical stress, you get a cut on your finger. The injury immediately sets off an alarm reaction in the body. The nervous system sends out an SOS. A special hormone from the pituitary gland in the brain sends a message to the adrenalin

glands on top of the kidneys; they, in turn, send out hormones to speed through the blood stream. The heart beats faster, the lungs breathe faster, the body gets ready for the emergency. Special hormones rush to the injured area to heal the wound while they help regulate the functions of the other organs, so that the injury can be healed without too much upset to the rest of the system.

Mental stress affects the body in much the same way. Blood vessels contract, blood moves faster into the muscles, the heart beats faster, breathing is accelerated. The body gets ready to fight or run.

Strong emotions are sometimes good for us. The excitement of a hockey game. The charge you get out of a challenging job. If the emotional stress is followed by relaxation, it can be good for us. It is when emotional stress is prolonged without relaxation that we suffer.

Physical stress — hard physical work and exercise generally does us less harm than mental stress.

We are familiar with the effect of tension on the heart. If the body is always at the 'alert', it is obvious that it will wear out fast. Every organ, including the mind, is affected by stress that is prolonged and constant.

How can we learn to live with our tensions in a healthful way? First we have to understand ourselves and those around us and learn how to use this understanding to deal with our tensions.

For example a woman went to her doctor with severe headaches. The doctor could find no physical reason for them, but on questioning her he discovered her headaches had started shortly after a sister-in-law had come to live with her. She did not like this woman but hid her dislike and said nothing, bottling up her feelings. The result was tension and, in her case, it gave rise to her headaches. Once she understood the cause she was able to deal with the situation and her headaches disappeared.

The following are a few practical and simple actions recommended by the Mental Health Association to help you live in a healthful way with the stress of modern life.

Talk out your troubles with a level-headed and sympathetic member of your family or a friend — your minister, your doctor. Talking about it helps to relieve the strain — helps you to see your problem in a clearer light. It will often help you to decide what you have to do.

Balance work and play. Everyone should have a hobby or interest apart from their job. An interest they can concentrate on in off hours, that gives complete pleasure, so that for a time they can forget about work.

Get away from it. If you cannot solve a problem and find you are getting all tense over it, leave it for a while and then return to it when you have had a chance to relax.

Work off your tensions. If you find you are angry or worried or fearful all the time try and hold

off getting 'mad' or saying anything and go and do something physical — scrub a floor, take a long walk, do some gardening. By working off the anger or worry you will be better prepared to handle the problem.

Learn to loaf a little. Take a break, put your feet up for a few minutes, have a cup of coffee, make a phone call to a friend? A moment of relaxation will renew your energy.

Learn to take one thing at a time. Under tension, an ordinary day's work looks so big that we can't see where or when to start. If this is the case, take a moment to decide what is the most important — make a list if you like — then take one thing at a time and deal with it. You will find once you start with a definite goal in mind, the job will be done more quickly and you will have a sense of accomplishment. If you find that none of the work can be set aside, that you must do it all then are you perhaps overestimating your own importance and the importance of what you do.

Go easy with criticism. Some people expect too much of others. They expect their friends, their husband or wife or children to come up to a certain standard and when the other person does not measure up, they feel let down and disappointed. Remember, each person has a right to develop as an individual. Search out another's good points, stress them and help the other to develop them. This will give both satisfaction and help you too.

Do something for someone else. Visit a shut-in, baby sit for a young mother for an afternoon. You

won't have time to think about yourself and you will have a warm feeling of having helped someone else.

Learn to accept what you cannot change. How many of us grumble and complain about the weather? We cannot change it, so accept it and cope with it the best way you can. Change is with us and so much change has taken place in this past 25 years. We have been to the moon. Where next? We are creating life in a test tube. We are polluting ourselves out of existence. We are afraid and try and go back to a way of life that was more simple. We cannot stop change. We can sometimes guide it so that we don't destroy ourselves, but to survive and live in a sane and healthful way we have to learn **how** to live with it.

If the above suggestions do not help you, you will have to seek further help from those trained in this type of work. Your doctor is one who can advise you, or the local family welfare agency, churches, schools (for help for your children's problems), public health department, or in industry help can be obtained from the works medical centre. Some emotional disturbances arise from practical problems and the above agencies are trained to help in these areas. When the practical problem is solved, the emotional one will be relieved too.

In conclusion, to quote Dr. D. S. Stevenson, in an article on how to deal with your tensions, "The quest for peace of mind, which is good mental health, is universal. Yet few of us are blessed with all the internal qualities and external circumstances that automatically

insure it. We have to work to achieve it. This means striving for a better understanding of ourselves and others. It means working out our problems by ourselves when we can, and seeking the assistance of others when we need it.

"There is a basic philosophy fundamental to good emotional health. That is the philosophy of faith: faith in the ability of ourselves and others to improve and grow; faith in the desire and capacity of human beings to work out problems cooperatively; faith in spiritual and moral values, in the essential decency of mankind. This faith will carry us through stresses that might otherwise shatter us."

Mrs. James Robertson,
Provincial Convener of Welfare and Health.

From Barachois

To remove lime deposits from the bottom of water bottles and pitchers, put tea leaves in bottom of container and fill with vinegar solution.

A thought! Why is it so many people want the front of the bus, the back of the church and the middle of the road?

Final Thought

To be really effective in bringing up a child in the way he should go, be sure you go that way first.

The Last Word

... In Hospitality is a Tour of Norway

Norway! Never shall I hear that word without a pulsing wave of pleasure. From the very moment Hanna Smith and I sat down in the front seat of the bus (our seat because of some nifty sprinting) we were filled with anticipatory excitement. Nor were we disappointed.

Two bus loads left Panorama Hotel, Oslo, Thursday a.m., August 5. We had been told that Norway's W.I. had been preparing a welcome for A.C.W.W. for three whole years. The smoothness with which our tour was conducted proved this to be true.

Each day, the 78 of us started off about 9 a.m., drove until about 11 a.m. when we stopped for coffee, souvenirs, picture-taking and then drove on until about 1.30 p.m. when we stopped for lunch. Always there was a reception by Norwegian A.C.W.W. dressed in traditional costume, beautifully embroidered. By the way, each valley has its own embroidery pattern. In their welcoming speeches they always informed us of their own particular region and work. In the afternoons we stopped at particularly interesting places for photograph-taking, then on again until dinner time when again we were royally received by A.C.W.W. members in their colourful dresses. In several places the mayor and council were hosts at dinner and afterwards entertained us with singing by male and mixed choirs, with exhibitions of folk dancing, with piano, violin and clarinet playing, and with pantomime and orations. All talent was well above the average and one wondered how such small,

scattered communities could produce such artists. After the entertainments we were assigned to our hostesses for the night.

Everywhere we were welcomed as long absent relatives. We stayed the first night at Panorama Hotel, the second at a fisherman's cottage right on the fiord at Kampanger, the third in a commodious house, in grounds sloping down to the fiord, belonging to Mr. Tønning who was the bank manager as well as a good farmer; fourth, just outside Aldalsnes in the home of Mr. Bakke, a business man; fifth, with Mr. and Mrs. Krabøl, whose spacious farmhouse dated back to the 16th century; and finally, at Gardermoen, near Jessheim, with the charming widow of a professor whose modern house overlooked a garden and meadows which might have been anywhere in eastern Canada.

Every family made us feel most welcome. They told us of their lives and occupations, of their educational systems and of their great part in the future of Norway, and showed interest in the same things in Canada. We left each home feeling that we had made friends and knowing that every one of us would be glad to welcome any Norwegian into our own homes.

The first few miles of our tour ran through country very similar to our Laurentians, with familiar trees, shrubs, and even weeds. As we climbed, the trees became smaller until finally we reached the tree line and there was nothing but gaunt rocks.

First, our course ran along a tumbling river, then over a hill and alongside an even swifter stream, hemmed in by mountains on either side. From the tops of these mountains countless waterfalls dropped in lacy beauty to the valley floor. Then we climbed over a mountain, zig-zagging in switchbacks up one side of the mountain and down the other, to go along a high valley where dazzling blue lakes lay basking in the sun, once more up another mountain and along a turbulent, turquoise river, which received the water from the ever present falls, to the delight of our unaccustomed eyes. No wonder Norway is highly electrified; the water supply seems limitless.

It didn't take us long to appreciate the worth of our drivers. When we came to a hairpin curve the driver would push the front of the bus just over the edge of the road, and Hanna and I could see nothing between us and the road far below. The roads, though well surfaced, are narrow, never exceeding two lanes in width, and in many places having only one lane. The bus took the whole road at each switchback. Motorists, who met us at these points, had to back up many, many yards. Bus drivers on these roads, open only four months of the year, are especially trained and are constantly re-tested. Our drivers were superb.

For lunch the first day we dropped down to Gol on a very small plain between the mountains. Here we saw hay drying on wire strung between poles. This became a familiar sight, repeated on every little field in the valley and on the

heights. Here, too, we were welcomed by groups of smiling women in national costume.

The Norwegian women ushered us into a large dining room where a magnificent smorgesbord was spread. The mayor said a few words of welcome, then bade us eat. How we did enjoy that food! It tasted even better than it looked. After lunch the ladies told us of their work, wished us a pleasant tour and a successful conference.

Up we went again, stopping at Simon's Leathercraft. These people have revived the ancient Norwegian craft of finishing the inside of a sheepskin as well as the outside. Designs are then printed on the inner surface of the skins and reversible garments are made. The coats are exquisite but expensive.

Our next stop was at Borgurd to see a Stave Church, dating from 1150 and dedicated to St. Andrew. We continued over a rocky plateau for several miles, then dropped down to take the ferry from Rafares to Kaupanger over the Sognefiord. From there we drove to Sogndal where we had dinner, with ladies again in national costume. This dinner was provided by the mayor and councillors of Sogndal. The folkdancing afterwards was by members of the women's groups and their menfolk. Then we were assigned to our different hostesses for the night, our own hostess being Mrs. Lund of Kaupanger.

In the morning Mrs. Lund and her English-speaking daughter served us an enormous breakfast — five

kinds of bread, five kinds of cheese, two kinds of fish, two kinds of jam, two kinds of biscuits, eggs, delicious butter, a glass of milk and coffee. This kind of breakfast greeted us each morning and we wondered if Norwegians usually breakfasted so. On the final morning of the tour I asked our hostess about this. She told me it was the kind of breakfast they had on Christmas, Easter, weddings and special occasions. Our visit was a special occasion.

On the 6th we started out by visiting the Open Air Museum at Kaupanger. Here we were interested in contrasting the Rector's house with the best farmer's house in the district. Both dated back to the 16th century. The Rector's house was spacious with good furniture, stoves, dishes, and many mirrors. The farm house was big enough but consisted of one big room with a dirt floor and with a fireplace in the corner. It had small windows with four panes of glass about nine inches square. There was a little recess back of the fireplace which acted as bedroom for the grandparents. The parents had their four-poster in a corner of the big room and the children climbed to their mattresses up steps nicked into a log placed at the corner of the room and leading up to an open garret over one end of the big room.

From the museum the road ran along the height overlooking the fiord to Hella where we took the ferry to Dragsvik. From there the scenery was most varied. Now we passed through a lush valley, now we skirted a long blue

lake, now we drove alongside a thundering, tumbling river, with always the mountains on either side and always the waterfalls from the mountains which now showed many pockets of snow. Finally we came to Stryn, our destination for the night, at the head of Nordefiord.

Here the girls of a Home Economics School prepared and served a delicious smorgasbord, which included a ceremonial marriage porridge served with cinnamon, sugar and sour cream. Before they started serving they paraded in traditional costume behind a bride and groom in ceremonial marriage costume. The photographers among us had a heyday.

After dinner we went to the town hall to listen to music and watch the folk dancing. We were interested in an ancient type of violin having a double set of strings. After the entertainment we went to the Tonnings on the fiord. Their grounds had many fruit trees — apple, pear and plum — and all kinds of currants. Though Mr. Tonning had leased his fishing rights, he had retained the privilege of fishing for three days. In these three days he caught enough salmon to smoke for a year's supply.

From Stryn to Andalsnes the country is higher, wilder and more interesting than any we had crossed. The highest glacier in Norway was separated from us by a deep valley but we felt we could almost touch the skiers we saw on the high slopes of the glacier. We wound around great masses to come upon beautiful vistas along deep gorges, then

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travelled beside racing streams which cut their way down to the next level in a series of natural dams. Finally we switchbacked down a tremendous drop to Geiranger for lunch.

After lunch we wound up the other side of the gorge to a high, twisting road, but the mountains across the gorge were even higher and many waterfalls entranced us. This high land was sparsely settled, but, even so, on three or four occasions women in national costume gathered together at crossroads to greet us. We nodded and smiled and shook hands. It made us feel very humble to think these women had stood for an hour or more just waiting to welcome us to their land. Flags flew from every scattered house up there in our honour! We could hardly believe it. At Eidsdal some 40 women lined up in front of a store to greet us, then presented each one of us with a one-litre box of the sweetest strawberries I have ever tasted.

After that we ferried across the fiord to Linge and started going up, up, and up to Trollstigen (Trolls' Home) to the stamping grounds of the Trolls. Unfortunately, just when we were on this bare rocky height, fog closed in on us and we were unable to see the mountains on our steep descent to Andalsnes. There we dined at a hotel, then spent the night with Mr. and Mrs. Bakke. Sunday, after the usual hearty breakfast, Mr. and Mrs. Bakke and daughter sang some hymns for us, a homely touch.

From Andalsnes we followed a river for many miles, then crossed it and went up into hills gentler than we had seen, until we came to Heidal, an isolated group of farms in a beautiful valley. The A.C.W.W. welcomed us to their hall and gave us a delicious lunch. Afterwards we climbed a very steep hill to a 13th century farmhouse which had been in the same family all that time. The windows of the huge front room looked out across the valley; a large table, flanked by benches, sat in front of the windows; the master's four-poster was in one corner of the room, the cooking hearth in another; two beautifully carved cup-

boards were on opposite sides of the room; weapons and ancient beer containers hung on the wall. The floor was of wide planks.

Then back again to the highway, along a ridge, then over it and across a height of land from which we could see the glint of the ice on Norway's highest peak, along Per Gynt Road, then down a prosperous valley to Gausdal, where the local band turned out to welcome us. That night we were taken directly to our hosts for dinner. We went to the Krabols of Vestgap, very prosperous farmers. After dinner we all gathered in the huge living room and chattered happily together. They were a travelled family and there was no lull in the conversation.

Both here and in Tønning's house at Stryn we noticed graceful high-tiered stoves said to be at least 100 years old and still throwing good heat. In this house, as in all older Norwegian houses, were doorsills between the different rooms. We were constantly tripping over them. Another thing, strange to us, was the use of a comforter in a white cotton cover being the only article of bedding. Personally, I found it very comfortable.

Monday morning Mrs. Krabols and her daughter-in-law drove us to the bus. Our first stop was at the Lillhammer Open Air Museum in Lillhammer. Here were gathered all types of houses, barns, stables, storehouses, workshops, some dating from the 10th century, and all equipped with period fittings. Then we crossed to the indoor modern museum. Here were all types of vehicles, boats, looms, saddles, ploughs, tools, implements and machines from their beginnings to the modern article. One could spend a week here and not see half of the exhibits.

From Lillhammer we drove on for lunch at Staur Gard, an experimental farm at Stange on the largest lake in Norway. The grounds of the Staur sloped down to the lake in a series of flower gardens, rye fields, barley, and pastures. They are experimenting with different kinds of feed for the animals. We were shown through the barns, stables, granaries and piggery.

In mid-afternoon we drove on through gently rolling country to Jessheim where, for the last time, we were parcelled out to sleep. Hanna and I went to Gardermoen to stay with Mrs. Braendshoi, who had just come home from a six weeks visit to South Africa. Her brother-in-law and his wife dined with us, then drove us to see spots of interest. This night we enjoyed, perhaps, most of all because of the conversation. In the morning we were very sorry to bid our hostess goodbye.

The last morning seemed like an anti-climax. It took us but an hour to drive to Oslo. The bus took us right to Blindern where we registered for the Conference.

Though Norwegian scenery is magnificent, Norwegian people impressed me more. The laughing, tall girls with the beautiful legs; the courteous clerks and waiters; the obliging strangers from whom one asked directions; the unfailing politeness with which the guides and drivers answered foolish questions; the smiling welcoming faces of all the Norwegian A.C.W.W.'s in halls, hotels, cross-roads and homes all across the country, these will forever be a bright spot in my mind's eye.

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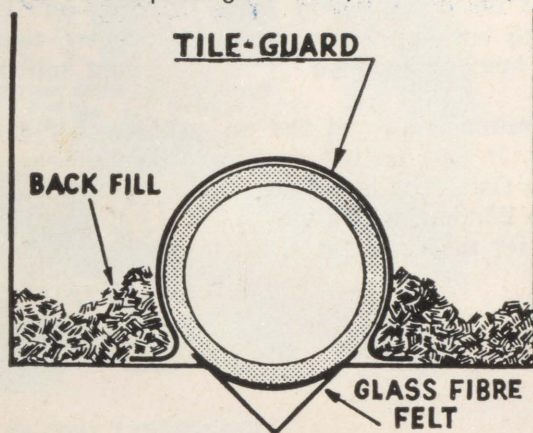


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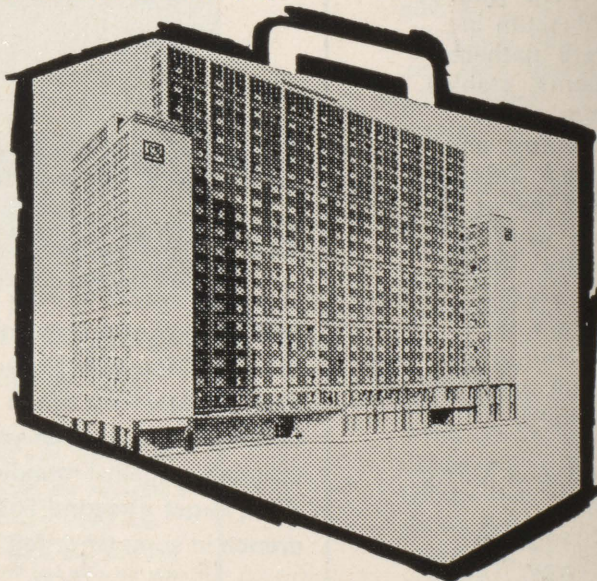
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